BRIEF RELAXATION TECHNIQUES

Relaxation techniques are effective methods that help reduce tension, replenish our body and increase energy. Mostly, they are quick and simple. And, they can make a GREAT difference in how you handle stress. Try them!

Deep Breathing

- Sit or stand, but be sure to in a comfortable position before you begin. Relax your limbs.
- Drop your shoulders and let your jaw relax.
- Breathe in slowly through your nose and hold your breath to the count of three. Keep your shoulders down and allow your stomach to expand as you breathe in.
- Now exhale slowly through your mouth and relax your body.
- Repeat 3 times. Practise this daily, when you wake up and just before going to bed.

Muscle Tension and Release

Tensing your muscles and then releasing them provides great relaxation.

- Tense your muscles one area at a time.
- Starting with your toes, take a deep breath and hold it as you curl your toes downwards for about 5 seconds.
- Then release all at once. Feel the tension leave your body.
- Continue with other muscle areas, in the same way.

1. Squeeze your thigh muscles all the way down to your knees.
2. Tighten your buttocks.
3. Clench your hands into fists.
4. Draw your forearm up towards your shoulders and ‘making a muscle’ with both arms.
5. Open your mouth so widely that you stretch the muscles around the hinges of your jaw.
6. Close your eyelids tightly shut.
Mini Mind Vacation

- Think of a place where you feel completely relaxed.
- With your eyes closed, take a moment to visualise this. You can make it any place - real or imagined. Use all of your senses to experience this mini vacation in your mind.
- For example, see yourself in comfortable clothes and feeling comfortable, hear pleasant sounds, see beautiful scenery and colours... you feel so relaxed!
- Take a mini mind vacation at this ideal relaxation place of yours for 15 seconds or so whenever you need to relax.